

# Health and Wellness

## Heritage Summer Newsletter

June 2014

VOL. # 1 ISSUE #3

If you need help with cutting back or quitting smoking you can contact Lisa Smith at 420-4760 or Michael Grady at 420-4729

If you need help with a medical issue you can contact Kathy Bourne at 420-4739 or Lisa Smith at 420-4760

If you need help with anything fitness related you can contact Michael Grady at 420-4729

If you need help with appointments you can contact Sally Butler at 420-4744 or Tara Stokes at 420-4709

If you need help with nutrition and/or filling out or understanding your own personal food journal you can contact Kathy Bourne at 420-4739, Tara Stokes at 420-4709 or Michael Grady at 420-4729

### Summer Recipe

#### Homemade popsicles

- Take any flavor crystal light packet and stir it into a bottle of water
- Take the bottle of water and put it in a paper cup with a popsicle stick in the cup and put in the freezer
- Wait for the popsicle to freeze in the freezer
- Peel the paper cup off the Popsicle and enjoy.

### Food For Thought

Try to eat every hour or two.

- This helps keep your metabolism going and your metabolism is what breaks the food and fat down into energy
- If you eat every hour or two this will help you not to over eat at meal times
- Make sure it is a healthy choice most of the times you eat. Eating a cookie every hour will not help, but eating an apple, banana or a hand full of unsalted nuts will help give your body what it needs and keeps your metabolism going.



*One step at a time makes changes for a lifetime*







### Interview with Aaron P

#### What do you do for exercise?

*I run, lift weights a little, swim, box, flip tires, and do one on one with Mike.*

#### What is your favorite healthy snack/meal?

*My favorite snack is apples and my favorite meal is eggplant lasagna.*

#### What is your favorite part of the program?

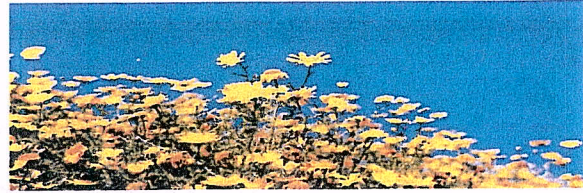
*My favorite part of the program is going to the YMCA for my one on one session.*

#### What have you gained? How has this program helped you?

*It has helped with my mental illness not to bother me as much and it has helped me to become healthier both physically and mentally.*

### Positive changes

- Great job Lalla M for lowering your A1C
- Great job Demond L for lowering your A1C dramatically
- Great job Kathrine D for lowering your A1C
- Great job Garry B for lowering your A1C



### Foundations of Fitness

During the summer time lots of people like to get out of the house and do a lot of walking. Walking is a really good exercise for people of any and all walks of life. Walking is something that is free and something that anybody can do. Walking you can do alone, with some music or with a group of friends. Here are some of the many benefits of walking.

- It can ease back pain
- It can slim your waist
- It can lower your blood pressure
- It can reduce your levels of bad cholesterol
- It can reduce your heart attack risk
- It can enhance your stamina and energy
- It can lessen anxiety and tension
- It can improve your muscle tone
- It is easy on your joints
- It can reduce your appetite
- It can slow down osteoporosis bone loss

Plus walking has many more benefits. The benefits of walking seem to be endless. If you are not walking now it's never too late to start.

### Heritage Behavioral Health

151 N. Main St. Decatur  
Illinois 62525



# \*NEW HEALTH AND WELLNESS GROUP SCHEDULE STARTS JUNE 9TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00-8:30 am	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
8:30-9:00 am						
9:00-9:30 am		<div>Positive Changes (Yoga and Walking) 10:00-11:00 (Rm 348)</div>		<div></div>	<div></div>	<div></div>
9:30- 10:00 am						
10:00-10:30 am						
10:30-11:00 am						
11:00-11:30 am						
11:30-12:00 am						
12:00- 12:30 pm						
12:30-1:00 pm						
1:00-1:30 pm	<div>Smoking Cessation 1:30-2:15 (Rm 260)</div>	<div></div>	<div></div>	<div></div>		
1:30-2:00 pm						
2:00-2:30 pm						
2:30-3:00 pm						
3:00-3:30 pm						
3:30-4:00 pm	<div></div>	<div></div>	<div></div>	<div></div>		
4:00-4:30 pm						
4:30-5:00 pm						

Client Name:

Client Name: \_\_\_\_\_

\* If you would like to attend exercise at the Y, please call Michael at 420-4729 to confirm. Thanks :)

\* If you can't reach me at that number you can also try my cell at (217) 619-3506

\* One on one session with Michael are not shown on schedule

s:grants/samsa 09 application/group schedule 7/08/2013

## Resources

### Alcoholics Anonymous (AA)

- Monday 7AM First Presbyterian Church, 204 W Prairie Street
- Tuesday 7AM First Presbyterian Church, 204 W Prairie Street
- Wednesday 7AM First Presbyterian Church, 204 W Prairie Street
- Wednesday 8AM Central Presbyterian Church, 269 W Eldorado
- Thursday 7AM First Presbyterian Church, 204 W Prairie Street
- Friday 7AM First Presbyterian Church, 204 W Prairie Street
- Saturday 7AM First Presbyterian Church, 204 W Prairie Street

### Narcotics Anonymous (NA)

- Monday 7PM Second Church of God, 2670 E Division
- Tuesday 7PM Saint Thomas Community Center, 2160 N Edward
- Wednesday 12PM AFFAS, 2520 E William
- Wednesday 7PM Westminster Presbyterian Church, 1360 W Main
- Thursday 7PM Saint Thomas Community Center, 2160 N Edward
- Friday 12PM AFFAS, 2520 E William
- Friday 8PM AFFAS, 2520 E William
- Saturday 1PM Saint Thomas Community Center, 2160 N Edward
- Saturday 6PM Saint Thomas Community Center, 2160 N Edward
- Saturday 10:30PM AFFAS, 2520 E William
- Sunday 7PM Saint Mary's Hospital, 1800 E Lakeshore Dr.

### Body Gospel- Aerobics class to gospel music

- Monday 5:30 PM Grace United Methodist, 901 N Main Call (217) 429-5374 for more Information

For More Information on AA meetings you can call (217) 422-3766 or you can visit [www.CentralIllinoisAADistrict1.org](http://www.CentralIllinoisAADistrict1.org)

For more information go to [www.drugstrategies.org/NA-Meetings/Illinois/Decatur](http://www.drugstrategies.org/NA-Meetings/Illinois/Decatur) You can also call the NA helpline at 800-559-9503

### Celebrate Recovery

- Wednesday 6:30 PM New Beginning Church of God, 2606 Route 121 Northwest
  - Call (217) 620-1098 or (217) 620-1099 for more info
- Thursday 5:30PM First Church of The Nazarene, 1177 W Hickory Point Rd
  - Call (217) 412-1903 or (217) 875-0616 for more info

### Overeaters Anonymous (OA)

- Monday 7PM Saint Mary's Hospital, 1800 E Lakeshore Dr.
  - Call Penny at (217) 972-2219 for more information
- Saturday 10:30 AM Saint Mary's Hospital, 1800 E Lakeshore Dr.
  - Call Jackie at (217) 254-3720 for more information